

DID YOU KNOW...

All products sourced by Whitson's contain Zero Trans Fats. ● The majority of the food sourced by Whitson's contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ● Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00

Ala-Carte Extra Pizza \$1.25

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00

10 Lunches=30.00 30 Lunches= 90.00

ALL LUNCH INCLUDES

ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit

AVAILABLE DAILY

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with grape tomatoes, cucumbers, dressing, whole wheat pita or plain dinner roll, cheese stick.

**If you have a food allergy, please speak to the Director or Lead Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

Kevin Silvia @ 781-721-7033



The Nutrition Safari shares a lesson on vitamins. Did you know that all the different foods you eat have different nutrient contents? It's best to eat a variety of foods to get the best mix of nutrients.

**Lincoln /Ambrose
Elementary
OCTOBER 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7. Brunch For Lunch Cinnamon French Toast w/syrup, sausage patty. 2. Tuna Salad on a Bun Sliced Apples	4 1. Gloria's Pizza Whole Wheat Cheese 2. Turkey & Cheese wheat wrap Cucumber Wheels Low Fat Dip	5 1. Chicken Fajita Seasoned chicken served in a tortilla wrap topped w/ shredded cheese & salsa. Spanish rice 2. Chef Salad Fresh Banana	6 1. Build a Burger Beef Burger on a wheat bun topped w/cheese, lettuce, tomato, Cupped Pickles 2. American Sub Baked Chips	7 1. Gloria's Pizza Cheese Pizza slice 2. Chicken Salad Wrap Garden Salad Light Italian Dressing
10 No School Columbus Day	11 1. Gloria's Pizza Whole Wheat Cheese 2. Bit Cheese Wrap Carrot Sticks W/LF dip	12 1. Open Faced Turkey Sandwich Roast turkey & gravy served on fresh bread w/ steamed carrots 2. Greek Salad Cupped Peaches	13 Baked Chicken & Noodles Baked chicken strips served over egg noodles w/ dinner roll 2. Egg Salad Wrap Steamed Peas	14 1. Gloria's Pizza Cheese Pizza slice 2. Turkey Club on a bulky roll Caesar Salad
17 1. Chicken Pot Pie Chicken strips, carrots, peas & potatoes in a chicken sauce then topped w/a crust. 2. Italian Sub Cupped Chocolate Pudding	18 1. Gloria's Pizza Whole Wheat Cheese 2. Nacho Lunch Celery sticks W/ W/LF Dip	19 Early Release K-8	20 Early Release K-8	21 Early Release K-8
24 1. Brunch For Lunch Whole Grain waffles w/ syrup, scrambled eggs 2. Buffalo Chicken Wrap Baked Apple/Blueberry Crisp	25 1. Gloria's Pizza Whole Wheat Cheese 2. Roast beef & Provolone cheese on a bagel Romaine Salad Honey Mustard dressing	26 1. Stuffed Breadstick Bread stick stuffed w/ cheese & marinara sauce. 2. Antipasto Salad Steamed green peas	27 1. Cheese Quesadillas Cheese quesadillas served w/ salsa black beans & rice 2. Turkey Ham & Cheese Wrap Fresh Banana	28 1. Gloria's Pizza Cheese Pizza slice 2. Chicken salad roll Carrot Sticks W/ Ranch Dressing
31 Spooky Spaghetti Whole Grain Pasta tossed in a marinara sauce w/meatballs. 2. Salami & Cheese Sub Steamed Mix Veggies	<div>   <p>Have a SAFE Halloween! The fruit of the month is APPLES.</p> </div>			



WE PURCHASE LOCALLY!

Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! www.Whitsons.com



Visit Our Virtual Cafeteria!

Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. www.Whitsons.com/Nutrition

Have Allergies to Gluten, Casein or Soy?

Check out NuLife Foods! They offer great tasting, GFCFSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria! www.NuLifeFoods.com